st children and families with stabilization, transition planning to community providers, and provision of ongoing, episod I, intense, diverse and time-limited to meet the various needs of children who are determined eligible. To be eligible for Diagnosis and have a substantial functional impairment. Families are encouraged to access community services prior to

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CLINICAL CASE MANAGEMENT

Clinical case management will be provided by a qualified CMH clinician to link and coordinate services provided to a family to ensure the most comprehensive program of interventions to meet the needs of a child. Clinical support and guidance is available to deal with the most challenging issues. As levels of intensity arise, assistance is available to families to manage the extra stresses that accompany caring for a child with mental health needs. The main goal of clinical case management services is to strengthen parent capacity through the provision of various resources to improve functioning for their child. This includes identifying gaps and barriers to a child's success, working with all community partners and the family to find solutions for achieving the goals of the service plan.

MEDICATION MANAGEMENT

CMH medication management involves an initial evaluation by a qualified expert and ongoing monitoring of psychotropic medication efficacy with a team approach (CMH Clinician, parents, child(ren), and Psychiatrist, Doctor or Nurse Practitioner). CMH uses video conferencing equipment, which permits secure and real-time interactive communications between a child and a psychiatric consultant. The goal of this service is to stabilize the child, transition and then provide ongoing consultation to their Medical Doctor or Primary Care Physician.

INTENSIVE FAMILY INTERVENTION SERVICES (IFIS)

Outpatient treatment, usually provided by a Contractor, is the least restrictive service provided within the continuum of care and is delivered in the family home, at school, in the community or in a mental health clinic. This service is intended to be time-limited and to fill a gap in service needs. Outpatient IFIS services include: brief interventions, Individual Psychosocial Rehabilitation (skill-building), individual therapy, relationship therapy, family therapy and/or group therapy. Service interventions are designed to decrease psychological symptoms and maladaptive behavior, as well as to improve adaptive and pro-social functioning.

PARENTING WITH LOVE & LIMITS (PLL)

PLL is a six week evidence-based, intensive parenting program for children ten to 18 years of age and their families. This addresses the family as a whole unit rather than identifying one member's particular behavior as the problem issue. The PLL program reintroduces into the family the concept of establishing appropriate parent/child boundaries as well as encouraging more nurturance and play as part of daily family life. Each family receives a contract (blueprint) to help them navigate their way toward changing a specific behavior their child currently demonstrates such as disrespect, sibling fighting, acts of aggression, etc. The parents also become aware of how their parenting style contributes to their child's negative behavior. This program is implemented in collaboration with Juvenile Justice, Child Welfare and CMH.

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COLLABORATION

The System of Care

The Idaho Department of Health & Welfare, Division of Behavioral Health is the lead agency in a "System of Care" for children with mental health needs.

Children with mental health needs benefit most from a coordinated effort by their parents and providers of services. In order to accomplish this coordinated effort, Children's Mental Health collaboration is essential with the following entities:

Parents Private Provider Agencies School Districts County Juvenile Probation Dept. of Juvenile Corrections **Private Citizens and Therapists** Other Divisions of the Idaho Department of Health & Welfare & **CMH**

Many private providers of children's mental health services can be accessed through Medicaid, and in some cases, private insurance.

Services will be billed based on a sliding fee scale.

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Idaho Department of Health & Welfare, Division of Behavioral Health provides Children's Mental Health Services from four locations in Region II

Offices

Regional Service Area

1118 F Street, Lewiston, P.O. Drawer B, Lewiston ID 83501 (208) 799-4360

Nez Perce & Clearwater County Service Area

1118 F Street, P.O. Drawer B Lewiston, ID 83501 (208) 799-4360

Latah County Service Area

1350 Troy Road, Moscow, ID 83843 (208) 882-0670

Idaho, Clearwater & Lewis County Service Area 216 South C Street, P.O. Box 548, Grangeville, ID 83530 (208) 983-2300

If unable to reach your local office, please call our Regional 24 hr. Toll Free number: 1-877-799-4360

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